



**WELL BEING NEWSLETTER** : Information and Inspiration from Patricia Spence  
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This month synchronicity brought me timely information by way of a DVD and a book which I share with you. The DVD, *The Secret*, is a compilation of interviews from a number of authors, philosophers and entrepreneurs who (simplistically) talk about their experience with the Law of Attraction. It also features The Miracle Man, Morris Goodman who, after a plane crash could only blink his eyes. He was so damaged that the doctors didn't think he would be able to do anything else but blink. Nine months later he walked out of the hospital. The only thing he had, he said, was his mind. His maxim is "Man becomes what he thinks about." The book, *The Biology of Belief* by Bruce Lipton PhD, is virtually saying the same thing. His experiments, examining in detail the molecular mechanisms by which cells process information, revealed that genes do not in fact control our behaviour, instead, genes are turned on and off by influences outside the cell. These influences include our perceptions and beliefs. He shows that our beliefs, true or false, positive or negative, affect genetic activity and actually alter our genetic code. *[How about that!]*

As a family we are looking forward to this Christmas. It will be the last that we will celebrate in this family format as my younger son gets married after Christmas, my niece from New Zealand arrives to spend a year in the motherland and another niece will make me a great aunt next year. So much to look forward to.

I wish you all happy preparations for Christmas and New Year. ☺

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### **CranioSacral Therapy (CST) : Osteoporosis**

*"In osteoporosis, we see a demineralisation of bone and a reduction of bone mass. The bone itself has a negative calcium balance thought to be caused by hormonal imbalances, inadequate dietary intake of calcium and faulty metabolism of protein, which might be secondary to inadequate protein in the diet. Osteoporosis also might be secondary to the prolonged use of therapeutic steroids or heparin."*

Many other causes of osteoporosis have been considered. Dr Upledger believes that these can be effectively treated with CST and related techniques.

Osseous (boney) tissue is constantly being reabsorbed by cells called osteoclasts. Cells called osteoblasts, in turn are constantly replacing the reabsorbed tissue with new 'bony' tissue. A problem occurs when the osteoblasts can't keep up with the osteoclasts – when there's greater absorption than replacement.

*"How do osteoclasts and osteoblasts activities relate to CST?"*

*"... CST is aimed at generally mobilising body fluids, neuronal-impulse conductions, cellular communication and the like. ... I've seen CST favourably interact with the immune system and many of its activities."*

A cytokine named interferon beta is produced by a variety of immune cells. One function of Interferon beta is to inhibit osteoclast activity. So an increased flow of interferon beta gives osteoblasts an opportunity to catch up with the osteoclast reabsorbed team. *"This makes the CST approach to enhancing the production of interferon beta a valid treatment for osteoporosis."*

*"The communication between the immune cells and [the therapist] takes place not only through hands-on work and blending, but also by actually dialoguing with the cells and tissues. ...*

*It seems almost too simple, I know. But I've seen it work. Any why should we discount something just because it's simple?"*

*Reference: John Upledger, DO, OMM, Palm Beach Gardens, Florida*

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No discovery yet made by science has improved or controverted our foundation tenet: 'the body is a biochemical laboratory capable of elaborating any substance for the restoration and preservation of health'.

-Harry W Gamble D.O. (osteopath)

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## 2. **Massage** : Research

- Massage stimulates the brain to produce endorphins, the body's natural pain control.  
Kaada, B., Torsteinbo, O. Increase of Plasma Beta Endorphins in a Connective Tissue Massage. *Gen. Pharm.* 20 (4): 487-89; 1989.
  - Identifies and validates specific activities considered important in the implementation of selected cutaneous (skin) stimulation pain management. These included heat and cold application, massage, and Transcutaneous Electrical Nerve Stimulation (TENS).  
Mobily, P.R., Herr, K.A., Nicholson, A.C. Validation of Cutaneous Stimulation Interventions for Pain Management. *Int. J. Nurs. Stud.* 31 (6): 533-44; Dec 1994.
  - Massage reduces acute and chronic pain and increases muscle flexibility and tone.  
Weintraub, M. Shiatsu, Swedish Muscle Massage and Trigger Point Suppression in Spinal Pain Syndrome. *Am. J. Pain Man.* 2 (2): 74-78; Apr 1992.
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## 3. **What Doctors Don't Tell You**

- HIGH CHOLESTEROL: It can protect against heart failure, not cause it, new study finds

*"The idea that high cholesterol levels cause heart failure and disease may be one of the greatest myths of modern medicine, a new study has suggested. In fact high cholesterol levels may protect some people from a fatal heart attack.*

*And the widespread use of statins, the cholesterol-lowering drugs, may have little or no benefit, the same study finds.*

*These conclusions are supported by a separate study, which criticises the new low levels of LDL (low-density lipoprotein) cholesterol being recommended by heart specialists. Researchers say that the drive to reduce LDL levels to just 70 milligrams/decilitre - the lowest-ever recommended levels for patients at highest risk - may be a wild goose chase, and that they would be better off by making lifestyle changes.*

*Researchers have discovered that patients with high levels of C reactive protein - which is generated during periods of acute inflammation such as with rheumatoid arthritis and lupus - are protected if they also have high cholesterol levels. Those who had low cholesterol levels were almost twice as likely to die from heart failure.*

*This discovery throws into question the use of statins, one of the most frequently prescribed drug groups in the world, as they may be putting at risk many people who are being protected by their high cholesterol levels.*

*Paradoxically, the only people who may benefit from statins are those who already have low LDL cholesterol levels.*

*Dr Andrew Clark, from Hull University and one of the research team members, said: "In contrast to what you might imagine, having a high level of cholesterol might be good for you." In the same week, researchers from the University of Michigan have concluded that the new low levels for cholesterol have no scientific validity, but instead were perhaps arbitrary. Rather than focusing on cholesterol levels, patients at risk should be advised to eat a healthier diet, and exercise more."*

(Sources: World Congress of Cardiology, Barcelona (statins study);  
Annals of Internal Medicine, October 2, 2006, on line version (low cholesterol levels study)).

- SOFT DRINKS: They contain 10 teaspoons of sugar

*"How much sugar do you put in your tea or coffee, if at all? One teaspoon? Two? If you're right there on the edge, it might be three. Well, every time children down a standard 330ml can of some soft drink, they're drinking 10 teaspoonfuls of sugar, a new study has discovered.*

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*The sugar-free version is not a healthy option, either, because that's full of aspartame, which, as previous E-news reports have revealed, is the world's best ant poison.*

*A bold soul at the University of Bristol has called for a health promotion campaign, which could point out to children and parents the health hazards of most soft drinks, he suggests. That should make significant inroads into the problem."*

(Source: Journal of Epidemiological and Community Health, 2006; 60: 750).  
Reference: What Doctors Don't Tell You October 2006

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#### 4. Life Coaching :

"You can be anything you want to be, if only you believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, the mind can achieve."  
— Napoleon Hill

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The above quote is so good and relates so well to the contents of this newsletter I'm using it again.

From the Biology of Belief ..... (Not strictly life coaching, but a grey blurry middle area.)

The choice is yours!

·You can choose what to see. ·You can filter your life with rose-coloured beliefs that will help your body grow or you can use a dark filter that turns everything black and makes your body/mind more susceptible to disease. ·You can live a life of fear or live a life of love.... Learning how to harness your mind to promote growth is the secret of life. It is not our genes but our beliefs that control our lives. Positive thoughts are a biological mandate for a happy, healthy life.

The way to make the changes you want is to examine your fears and the how you create ways or behaviours to protect yourself from the fear or the impact of those fear/s on your life. What fears are stunting your growth? Where did they come from? Are they necessary? Are they real? Are they contributing to a full life?

In the words of Franklin D. Roosevelt "We have nothing to fear, but *fear* itself." Letting go of our fears is the first step towards creating a fuller, more satisfying life. Check and change your self-talk. Make sure it is in line with what you want to achieve whether it's healing, increasing your self-confidence, sitting an exam, releasing a fear or taking a scary career changing step.

Remember: Self-talk is something everyone does. It is the automatic internal dialogue we all have which is capable of being controlled. It is used in the fields of sports psychology, sales training, and brain research. Like anything, thoughts can become habits and negative thinking usually needs conscious effort to break the habit.

According to Dr Bruce Lipton the subconscious mind can handle 40,000,000 bits of data per second compared to the 40 bits per second handled by the conscious mind (how did they count that!) That we live our lives from the subconscious for 95%-99% of our time.

In the words of Mahatma Gandhi:

Your beliefs become your thoughts

Your thoughts become your words

*[this line wasn't in the quote I found, but I'm sure it should be.]*

Your words become your actions

Your actions become your habits

Your habits become your values

Your values become your destiny

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#### 5. Aqua Detox Therapy

##### ***Detox and rebalance your body's systems***

*I have had clients reporting good results for reducing the side affects of chemotherapy.*

Aqua Detox is an electromagnetic detoxification process carried out on the feet. This is a convenient and efficient therapy to clean and purify your body. (See website for client experiences and further information.)

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## 6. What's Happening

- Introductory CranioSacral Workshop 27<sup>th</sup> + 28<sup>th</sup> January 2007. Venue TBA.  
This open workshop is designed for anyone who would like hands-on experience of the basics of this extraordinary and far-reaching therapy.  
For the complete layperson the workshop will provide a starter kit of simple but very useful techniques for home use in many routine health situations as alternatives to medication. For the healthcare practitioner or student who may be contemplating professional training this workshop is an ideal taster and confidence builder. For everyone this workshop provides a fascinating and enjoyable weekend, and what could be a personal turning point.  
Practical work is demonstrated and taught in simple units along with associated body work. The theoretical basis for each unit is presented clearly and entertainingly.  
Price = £120 and includes detailed, printed study guide and refreshments/lunches.
- The Fountain Centre, St Lukes, Royal Surrey Hospital, Guildford – a drop-in centre offering complementary therapies to those undergoing cancer treatment. The first 4 treatments are free and thereafter on a donation basis. Tel: 01483-406618
- Help raise funds for The Fountain Centre. The Mini Annapurna Circuit Challenge 2006 – Wednesday 4<sup>th</sup> October – Sunday 22<sup>nd</sup> October. You will be given advice and support to help raise funds and get fit. For information ring 01483-406618/406629.
- New Approaches to Cancer, Chertsey offer Yoga in Woking on Tuesday 1pm-2pm, Claygate on Tuesdays 3.30pm-4.30pm and Ashford Hospital on Thursdays 12.30pm-1.30pm and Friday 11am-12pm. Tel 0800-389-2662
- Yoga for Pregnancy classes. Tel: Babs Lehner 01252-676956.
- Farnborough Medical Lecture Society : Enquiries Mrs F Milne 01252-546006. Lectures begin again in October.
  
- National Federation of Spiritual Healers. Camberley Healing Centre every Wednesday evening 7pm-9pm - Frimley Village Hall, Frimley Green. Tel: 01276-65779 for more information. No charge (donations accepted to cover hall costs).

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7. **Gift vouchers** available for any value towards any treatment or combinations of treatments – CranioSacral Therapy, Massage and/or Aqua Detox and Life Coaching.

10% off Christmas Gift Vouchers



10% off any treatment during December

Birthday discount of £5, on all treatments, during the week of your birthday. Please advise me on booking.

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